

Work It Out

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Intermediate
編舞者: Eva Doell (USA) - March 2024
音樂: Doctor (Work It Out) - Pharrell Williams & Miley Cyrus



4 COUNT INTRO

(1-8) right wizard, press LF forward, rock back on RF, step forward LF, pivot 1/2 turn w/ RF, stamp RF (no weight transfer)

1,2& ; right wizard, step right side (1), cross left behind (2), step right foot forward (&)
3,4 ; press left foot forward (3), rock weight back onto right foot (4)
5,6 ; shift weight to left foot (6), step forward right (6)
7,8 ; pivot 1/2 turn (7), stamp (RF) together (8)

(9-16) repeat first count of 8, with stomp instead of stamp

1,2& ; right wizard, step right side (1), cross left behind (2), step right foot forward (&)
3,4 ; press left foot forward (3), rock weight back onto right foot (4)
5,6 ; shift weight to left foot (6), step forward right (6)
7,8 ; pivot 1/2 turn (7), STOMP (RF) together (8)

(17-24) heels swivel left, two weaves, stomp & right arm swipe & LF heel swivel stomp

&1,2 ; heels swivel left (&), heels land (1), cross behind LF (2)
&3,4 ; step out RF (&), cross LF front (3), step side RF (4)
&5,6 ; cross behind LF (&), step side RF (5), cross LF front (6)
7,8 ; step side RF & swipe right arm in circle (7), arm completes circle w/ heel swivel stomp LF (8)

(25-32) quarter left (9 o'clock wall), 2 walks right, left, shuffle right 1/2 turn, shuffle left 1/2 turn, stamp right foot

1,2 ; 1/4 over left w/ step RF (1), step LF (2)
3&4, shuffle right 1/2 turn, step RF 1/4 turn (3), step together LF (&), step RF 1/4 turn (4)
5&6, shuffle left 1/2 turn, step LF 1/4 turn (5), step together RF (&), step LF 1/4 turn (6)
7,8 ; stomp RF (7), stomp LF (8)

TAG: at 4th wall & 8th wall

Count: 32

NO WALLS: finding a new spot on the floor, ending facing the 12 o'clock wall after 8 repetitions

(1-32) repeat 8x; walk RF, walk LF, step together RF heels swivel left or hip bump with another dancer on the floor!